

New York City



# New York City Medical Reserve Corps



**December 2015**

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347-723-1696

[healthmrc@health.nyc.gov](mailto:healthmrc@health.nyc.gov)

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## Why I Volunteer



**Adele Meyer, RN**

**How long have you been a member of NYC MRC?**

I just joined in August of 2015.

**What is your profession?**

I am a registered nurse, with a strong interest in public health and community health.

**What MRC activities have you participated in lately?**

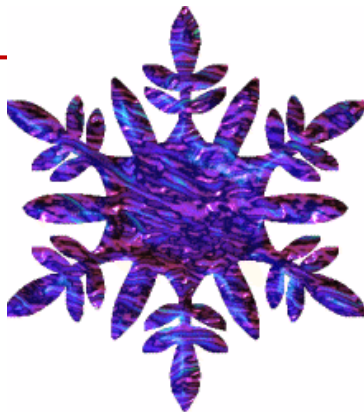
I participated in a Post Emergency Canvassing Operations (PECO) Application Drill in the Rockaways. I have also been doing blood pressure screening & education events at Our Lady of Refuge Church food pantry in Brooklyn. Training-wise I just did Active Shooter Training, and not long ago I attended MRC Orientation.

**Are you involved in any other volunteer activities?**

In the past I have been a medical volunteer for the NYC marathon, and have volunteered teaching health/sex education to high school students.

**Why do you volunteer for NYC MRC?**

I'm a strong believer in contributing to my community, especially because I get so much out of being a resident of NYC. As a registered nurse, it is a privilege to have skills and expertise to offer both during emergencies, and for underserved populations in everyday life. Volunteering with MRC has allowed me to participate in public health events, a passion of mine. Plus, I always love the opportunity to see the city from a new perspective, and to talk with new people I might not otherwise get to meet.

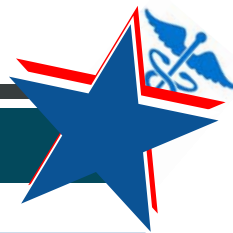


***Happy Holidays from NYC MRC!***

Thank you for making NYC MRC great! With your help, NYC MRC provided health outreach to thousands of New Yorkers, assisted City agencies with exercises and drills, and provided training in topics as varied as Patient Evacuation and Small Pox.

Enjoy this season of wonder, and know that you make the world a better place every day.

# Upcoming Trainings and Events



## Radiation Safety and Community Reception Centers

In the event of a radiological disaster Community Reception Centers will be used to provide triage and decontamination for New York residents. Come learn basic radiation safety rules and how they apply (and sometimes don't!) in CRCs. This training will be conducted by the DOHMH Office Emergency

Preparedness and Response's Radiation Projects Planner, Mark Maiello, PhD.

**Date:** Thursday, December 3rd

**Time:** 6:00 pm - 8:00 pm, registration & light supper at 5:30pm

**Location:** The Churchill School, 301 East 29th St, Manhattan



## NYC MRC Emergency Notification Drill

Our Quarterly NYC MRC Emergency Notification Drill will be held the week of December 7th. We will attempt to reach you at the phone numbers and emails you have provided in the ServNY database.

These drills allow us to verify that members' contact information is correct, and to follow up on bounce-backs. The response rate also indicates NYC MRC's readiness to respond, a metric we provide to funders. Please follow the directions in the telephone/email message to receive credit for participating. Your response *will not be counted* if you email or call MRC instead of following the directions.

Please note: *the phone call will come from a 518 number.*

**Thank you for your continued support of NYC MRC.**



## NYC MRC Orientation

This training is an introduction to the NYC MRC program. It is a great overview for both new members and longtime members, and is the prerequisite for our most popular trainings. NYC MRC Orientation explores how MRC fits into the bigger emergency response picture, what NYC MRC members will do, what protections are offered, and what you can do to be prepared.

**Date:** Thursday, December 10th

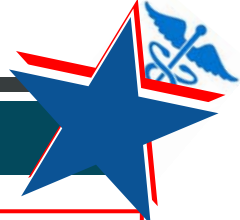
**Time:** 6:00 pm - 8:00 pm, registration & light supper at 5:30pm

**Location:** 125 Worth St, 3rd Floor Boardroom, Manhattan

**Registration:** <https://a816-healthpsi.nyc.gov/MRCSelfServe/>



# Upcoming Trainings and Events



## Testing the NYC MRC Self-Scheduling Application

**RESCHEDULED**

After extensive changes to the NYC MRC Self-Scheduling App, we are conducting an exercise to test the usability of the app. You will be asked to log on to the app and choose shifts for a fictional disaster event. Your part in this exercise should take 5 – 10 minutes, and you can participate from any computer.

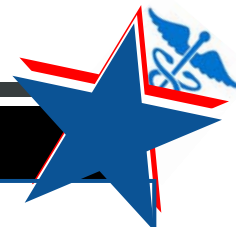
**Date:** Wednesday, January 13th

**Time:** 8:00am—8:00pm

Please watch for an emergency notification on the morning of **January 13th** with instructions on how to participate. We need everyone in NYC MRC to participate in this drill so that we can make sure that the system will work well during emergencies.



# Upcoming Public Health Events



## BLOOD PRESSURE SCREENINGS

In collaboration with our community partners, the MRC has been asked to provide volunteers to help with blood pressure screenings at several locations throughout the city:

**To register for any or all of these events, go to** <https://a816-healthpsi.nyc.gov/MRCSelfServe/>

**Our Lady of Refuge**, 2020 Foster Ave., Brooklyn  
Wednesday, December 2nd — 10:00am —12:30pm  
**Language:** Creole

**Our Lady of Solace**, 2866 W. 17 St., Coney Island, Brooklyn  
Sunday, Dec. 6th—10:00—1:00  
**Language:** Russian, Spanish



**Salvation Army**, 520 50th St, Brooklyn  
Tuesday, December 8th — 10:00am—2:00pm  
**Language:** Spanish, Chinese

**PLEASE NOTE:** *This event will also include BMI Screenings.*

**Our Lady of Refuge**, 2020 Foster Ave., Brooklyn  
Wednesday, December 16th — 10:00am —12:30pm  
**Language:** Creole

**Our Lady of Perpetual Help**, 526 59th St, Brooklyn  
Sunday, December 27th — 10:30am—1:00pm  
**Language:** Spanish

**Our Lady of Refuge**, 2020 Foster Ave., Brooklyn  
Wednesday, January 6th — 10:00am —12:30pm  
**Language:** Creole

**Salvation Army**, 520 50th St, Brooklyn  
Tuesday, January 12th — 10:00am—2:00pm  
**Language:** Spanish, Chinese

**PLEASE NOTE:** *This event will also include BMI Screenings.*

**Our Lady of Refuge**, 2020 Foster Ave., Brooklyn  
Wednesday, January 20th — 10:00am —12:30pm  
**Language:** Creole

**Our Lady of Perpetual Help**, 526 59th St, Brooklyn  
Sunday, January 24th — 10:30am—1:00pm  
**Language:** Spanish





## MRC in Action



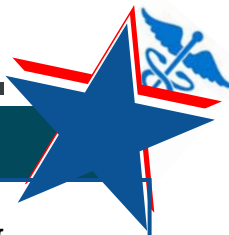
**NYC MRC Volunteers  
Participate in a PECO Drill**



**NYC MRC Volunteers Provide BP Screenings  
at NYCCEM's Ready Senior Center  
Of the Year**



# The Holiday Season and Mental Health



While we like to think of the holidays as a time of joy, for many, they bring added stress. If you or someone you know is suffering from increased anxiety or depression this season, these resources may help:

The Mayo Clinic, [Stress, depression, and the Holidays](#)

National Child Traumatic Stress Network, [Holiday Stress](#)

The American Psychological Association,

[Making the most of the holiday season](#)

Psychology Today,

[10 Tools for Dealing with Holiday Stress and Depression](#)



*Take care this season!*

We look forward to volunteering with you in the New Year.

## Your NYC MRC New Year's Resolution

### Keep Your ServNY Contact Information Up-to-Date!

We rely on the data in ServNY to reach you in times of emergency or disaster. It is very important to keep your record up to date. You can do this in three ways:

- 1) Update your own record at: <http://bit.ly/1C5YvCr>
- 2) Send your current/new data to: [healthmrc@health.nyc.gov](mailto:healthmrc@health.nyc.gov)
- 3) Call us at **347-723-1696** or **347-396-6210**



**Thank You!**

## Articles of Interest

Ronda Oberlin, "[Three Words to Improve Disaster Outcomes](#)," *Emergency Management*, November 2, 2015.

Normalcy bias interferes with our ability to respond effectively in a disaster. Accepting that "disasters change everything" can help.

Candy Sagon, "[A Sharp U-Turn in Blood Pressure Rules for Those 50+](#)," *AARP*, September 14, 2015. The NHLBI says that older adults should have a much lower blood pressure than current guidelines suggest.

Elisaveta P. Petkova, et al., "[Climate Change and Health on the U.S. Gulf Coast: Public Health Adaptation is Needed to Address Future Risks](#)," *International Journal of Environmental Research and Public Health* 12 (2015): 9342-9356, doi: 10.3390/ijerph120809342. Public Health systems will need to adapt to a diverse set of climate change-induced problems, including migrating populations, and aging infrastructure.